

AMERICA'S #1 SELF DEFENSE HANDBOOK

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PREPARED BY
U.S. AIR FORCE
HAND-TO-HAND
COMBAT
INSTRUCTORS

YOU CAN DEFEND YOURSELF

Lt. Col. Anthony R. Cillo Major Richard B. Garver
Capt. Patrick E. Going

A PRACTICAL NO-NONSENSE GUIDE TO SELF
DEFENSE FOR MEN, WOMEN AND CHILDREN.

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YOU CAN DEFEND YOURSELF is a realistic approach to defending you and your loved ones from prowlers, hecklers, rapists, purse-snatchers, street attackers and the like.

Prepared and fully illustrated by the three head unarmed combat instructors at the U.S. AIR FORCE ACADEMY. This book can assure your safety from the ever increasing chance of personal, bodily attack and injury.

Fully illustrated and easy to follow, this book quickly teaches emergency self defense tactics with no need for weapons, judo costumes, expensive lessons or instructors.



100

YOU CAN DEFEND YOURSELF

*A System of Self Defense Techniques
Taught to the Cadets of the
U.S. Air Force Academy, and Modified
for the General Public*

by
Richard B. Garver
Anthony R. Cillo
Patrick E. Going

APOLLO BOOKS
Woodbridge, Connecticut

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Cover Art

by

Gregory Harris

Printed in the United States of America

PREFACE

This book is designed to teach all the members of your family simple and effective self defense techniques. Only fighting techniques that can be mastered in minimal time and without the need for extensive physical conditioning have been included. There are no difficult judo throws or elaborate karate striking combinations.

*All of the authors are Air Force officers at the United States Air Force Academy in Colorado. They are responsible for the training of all Air Force Academy Cadets in the practical aspects of unarmed combat and personal self defense. The self defense material presented in *You Can Defend Yourself* represents a total of over 40 years of the authors' teaching and self defense experience.*

In addition to this vast experience in teaching self defense, each of the authors holds a master's degree.

You will thoroughly enjoy and gain great confidence in the ability to defend yourself by the study of this book.

You Can Defend Yourself could very well prove to be the most important book you ever read.

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CHAPTER I

INTRODUCTION AND PHILOSOPHY OF DEFENSE

Most people would agree that skilled technicians or experts in karate, savate, aikido, boxing, judo, or wrestling would do very well in a self-defense situation. Although these unarmed combative sports and disciplines are not designed today entirely with the purpose of self-defense in mind, their origin many years ago was based on definite self-defense philosophy. When these activities developed into sports, some of the specific self-defense qualities were eliminated. Only aikido really remains with its sole purpose being self-defense, though its other motives, such as development of body, mind, and spirit are strongly stressed. Very few people have sufficient time to develop any one of the martial art skills to the point where their skill would be sufficient for use in self-defense.

The authors have been exposed, at one time or another, to all of these martial arts, and most especially, are highly qualified exponents of karate, aikido, and judo. There is a definite need for a system of self-defense which utilizes the best combination of these martial arts for the purpose of effective, yet simple, self-defense for the average person, male or female. Such a system has been organized by the authors for the cadets at the United States Air Force Academy. This system, somewhat modified for the general public, is set forth in this book to enable the businessman, the housewife, and their children to develop adequate self-defense techniques.

Our Western culture emphasizes size and strength in body contact sports and certainly it can be important in self-defense. But the reader will quickly realize that in virtually all of the defenses set forth in this book, the emphasis and, consequently, the results will depend primarily on knowledge and technique with size and strength of much lesser importance. It is not necessary for the defender to be extremely physically fit or exceptionally strong or large. You will find most of the defenses set forth in this system are readily practical for the average woman or even the 10-to-12-year-old child. Today, violence is all around us. One needs only to read the evening newspaper to find accounts of unarmed citizens of all ages and sexes being molested on the city streets. Numerous weapons are available and yet paradoxically, they are not as easily obtained as they once were. Legal restrictions involving weapons are becoming more frequent. Therefore, people become very hesitant to carry a revolver with them wherever they go, and some people cannot even obtain a permit. In addition, there is much controversy about the effectiveness of certain chemical deterrents and in many areas even these are not readily available.

There are a number of good texts on certain martial arts that are extremely technical, informative and well-written. However, as stated previously, this requires much time and in

many cases, years of experience to master the lessons presented. The main purpose of this book is to arm the average individual with a very workable, easy to learn, yet extremely effective, self-defense system which they can practice without equipment in their own home or place of business.

Our system of self-defense is quite simple by design. We use basic, yet effective, techniques of karate, aikido, and judo. Our major premise, whenever possible, is that it is best to avoid attacks. Unarmed combat is sometimes necessary, but at its best, it is the least effective of all defenses. If threatened, of course, armed defense is the best, but even better than armed defense would be avoiding all attacks or violence completely. Therefore, in any situation even if you have to swallow your pride, it may be best to retreat and avoid the situation. If this is not possible and you have no weapon, your second priority is to use an outside agent. By this we mean that you should find some other makeshift weapon to use as a defense, such as a chair, a rock, a large stick, a bottle, a belt, or something of this nature. The last resort if you cannot run or find an outside agent for an instrument of defense, is to use your hands and your own body in the form of a very useful weapon. This book discusses how you can most effectively and efficiently develop your bodily weapons.

As we pursue our line of reasoning, if you cannot avoid the situation and you must defend with your body, you must first assume the best possible defense position. This will be discussed in Chapter II. Then, you should avoid any prolonged contact or grappling with an attacker if at all possible. A very large majority of our defenses will be striking techniques which you will be able to learn very simply and which will be directed toward vital areas. If you are held in a grappling position, you will again use striking or kicking techniques to release yourself and to gain an on-guard position. Our system of self-defense encourages striking as the initial reaction, then followed with either further blows or certain aikido or judo

techniques, and lastly, followed by more striking. The system will never encourage wrestling or grappling in any form or any techniques that would cause an extended fight or require extensive controlling procedures.

Finally, the most important aspect of this system requires your selection. Many self-defense techniques for various attacks are offered. All are efficient and effective but in order for you to be confident in your self-defense system it should be somewhat personalized. That is to say that you should select the technique that suits you best for the attack defined. Then make no attempt to remember all of the other defenses for this attack, but rather practice, practice, practice that simple technique that you have learned so that you commit it to "muscle memory" or "kinesthetic sense." You do not remember exactly every little move that is required when you learn to ride a bicycle or learn to swim or drive a car or even to walk. Yet, even though you may not have ridden a bike for some time, if you were to get on a bike, you could ride it without much difficulty because these movements are stored in your subconscious mind and the neuromotor pathways are facilitated for your use. The same pattern must be accomplished for your self-defense system. Any one of the defenses that you will learn, you can learn mechanically in a matter of minutes. However, you must practice these techniques many times. Until self-defense moves become automatic, you have to think consciously of each of these defenses in order for them to be effective. But with a small amount of practice you will soon become confident in your self-defense abilities. It will be enjoyable for you and your friends or family to practice because of the healthy exercise and mental benefits derived from knowing personal defense. These defenses can be practiced in almost any location.

This book deals with all aspects of self-defense. It discusses defensive postures, striking techniques, and the vital areas vulnerable to attack. It explains defenses for all kinds of

frontal attacks, rear attacks, weapon attacks, and multiple attacks. In addition, the legal implications of attack and defense are covered. Each method of defense is presented in a simple narrative explanation in a step by step progression, with each movement well-illustrated. Learning our self-defense system will be not only an interesting and stimulating experience for you, but it will be an informative lesson in survival in today's world.

CHAPTER II

DEFENSIVE POSTURES, BLOWS, AND VITAL AREAS

To perform effectively in self-defense, one must understand basic defensive postures. There are two basic defensive postures from which we can move actively to defend against a number of different attacks.

Preliminary On-Guard

The first is the preliminary on-guard position. This position is somewhat defensive, yet unobtrusive, from which we can move quickly and efficiently to a primary on-guard position. The primary on-guard position is that position from which we would actively defend. Practically speaking, if an attack was imminent, a primary on-guard position would be appropriate; however, if an attack was possible, and yet not completely likely, you would want to be in a position that would not be totally vulnerable and yet would not provoke an active attack. Such a position, commonly called a preliminary on-guard position, is pictured.



Figure 1



Figure 2

The preliminary on-guard stance is such that the groin area is shielded by the leading leg with a closed hip position. The feet are comfortably apart with most of the weight on the rear foot so that if kicked in the front leg or the knee, the potential damage to that area would be minimal. Also, the front leg would be available for a quick blocking defense or an offensive striking technique. The arms can be folded across the chest or the hands can be folded at waist level. Also, the thumbs could be in the belt, or in some similar position so that the defender can quickly move with arms and hands to a primary on-guard striking position. (See Figs. 1 & 2.) For example, it would be totally impractical if one would stand in a position astride with the groin unprotected or perhaps with the hands in his pockets so that it would be awkward and slow to move into a primary on-guard position.

The preliminary on-guard position should be a comfortable position, and yet there are certain fundamentals which we must observe in order to be able to move effectively and strike efficiently.

Primary On-Guard

The primary on-guard stance should be similar to the preliminary on-guard position except that it should be more mobile and more firm. The majority of the weight should be placed on the rear foot for the same reason as stated in the preliminary on-guard position. The hands, now, are in a position from which they can strike efficiently and with force. The leading hand and arm should be extended in such a manner as to provide approximately a 90 degree angle at the elbow. The forearm can be in a vertical plane, a horizontal plane, or any position in between that seems comfortable. The front hand position should be either closed with full fist or in a half fist position with the back of the hand slightly arched and the thumb tightly drawn close to the forefinger. (See Fig. 3.)

The rear arm for the primary on-guard posture should be carried in a power position. Specifically, it should be carried close to the body and in a coiled position either formally as

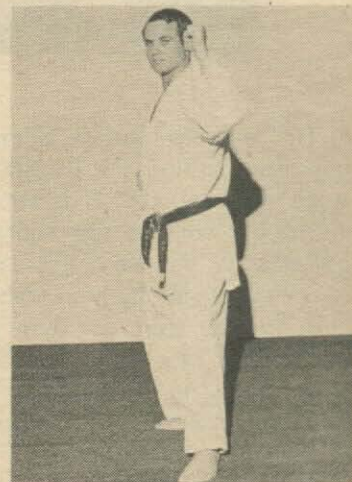


Figure 3

pictured in a twist punch ready position with the palm up and the fist closed or in a more informal free fighting stance. (See Fig. 4.) You can lead with either your left or right side and arm, but you should be able to easily change your fighting ready position to either side. The leading side, whether left or right, will primarily be a blocking side and provide the initial attack striking surface.



Figure 4

The movement in the primary on-guard position is very important because it is necessary to move with balance and ready striking force. It is also very necessary that a good defensive posture be maintained throughout any movements. For example, you are in a left natural posture, with your left foot forward and the power hand being the right hand. If you circle to your right, and move the rear foot first, you would immediately expose the groin area. Therefore, it is necessary when moving to the right that you move your forward foot (left foot) slightly to the right and then follow with a side step

to the right with your rear foot, always maintaining your on-guard position. In most cases, it is desirable to have the forward foot pointing along the attack line and the rear foot approximately perpendicular to it; however, a slight modification to this is acceptable. In moving from this same position (the left natural defensive posture) to the left, move the back foot slightly to the left, then move the front foot so as again to protect the groin area.

It is important to take steps of reasonable length, slide your feet along the ground, and keep your balance. Do not take big steps, or skip or hop, and always, when possible, return to the basic primary on-guard position with most of the weight on the rear foot. When moving to the front, advance the forward foot to the desired distance and close your stance by bringing the rear foot up appropriately. There are some variations to this approach which involve particular striking or kicking techniques which will be discussed later in this chapter. When moving directly to the rear, the rear foot is moved first, followed by a sliding, retreating movement of the front foot, again returning to the desired on-guard position.

On-Guard from the Ground

There are on-guard positions which are effective when kneeling or in a supine position. You should not assume these positions voluntarily, but if knocked down, these positions can be used effectively. The supine position on the back or side is one from which you can move effectively in a circle. Keep the upper leg slightly in the air and coiled for blocking or striking and the leading arm in a position similar to that used in the standing primary on-guard position. The other arm is used for support and leverage in movement. (See Fig. 5.) From this position, there is also an effective block, strike, and takedown combination which is simply affected by hooking the grounded leg and toe in back of the attacker's supporting leg. Then, if you strike with a stomping action of your raised foot to the attacker's supporting knee, you can easily hyperextend

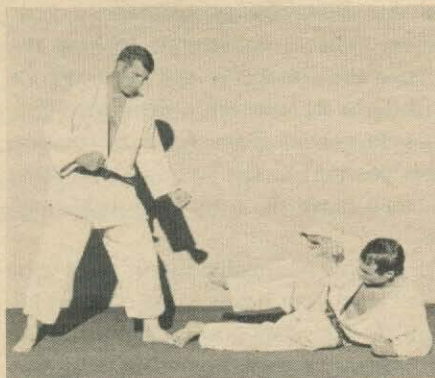


Figure 5

the attacker's leg, possibly damaging the patella (kneecap) and stretch or tear the ligaments in the knee. (See Fig. 6.) As soon as possible, one should attempt to come to a standing on-guard position. If, during this attempt, you find yourself in a crouching or kneeling position, the kneeling on-guard position is temporarily acceptable until the more mobile standing on-guard position is obtained. (See Fig. 7.)

Striking Techniques

It should be noted here that striking techniques recommended by the authors are basic karate techniques which can be learned by anyone with reasonable coordination and a few hours of practice time. No complicated techniques are presented.

One should understand that the force of any blow is determined by a simple physics formula of mass times velocity squared ($MV^2 = \text{Force}$) or mass times acceleration. Keeping this foremost in mind then, one should realize that the most important factor in delivering a blow is the speed of the blow. Therefore, using proper techniques, one can easily learn how to deliver blows to develop maximum striking power. These techniques can be practiced almost anywhere and certainly in any room of the house.

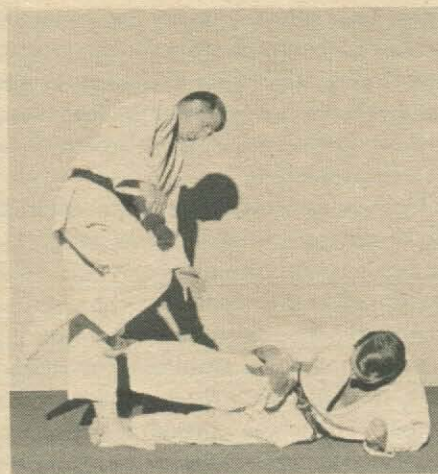


Figure 6



Figure 7

There are only three basic blows with the hand which you will learn and these will be most adequate for our purposes. They are the open hand blow, the twist punch, and the elbow blow. We will pay more specific attention to the first two and briefly describe the elbow blow in particular defense moves.

Open Hand Blow

The open hand blow is primarily used with the leading hand, although it can be used as a follow-up blow with the rear hand. From a primary on-guard position, the movement is first made by moving the shoulders slightly toward the target with the elbow leading, followed by the back of the hand. The movement is made in a relaxed, but controlled effort, with the hand beveling toward the outside (little finger edge) of the hand just before impact. The whole outside of the arm and hand is tensed at impact and the blow is delivered with the focus (that point where maximum speed of the blow takes place) approximately one inch beyond the target. The exact striking surface is the little finger side of the hand from the heel of the hand to the first knuckle of the little finger. (See Figs. 8 & 9.) The entire movement is made as a whip-like

Figure 8



Figure 9



lashes movement with the snap or focus coming slightly behind the target. One can readily practice this blow by having a partner hold up his open hand palm towards you as you practice delivering these open hand blows to his palm. When you feel that sufficient force is being achieved, your partner can begin to move his hand as you attempt to strike it. As you achieve more and more success at delivering this blow, you will find that your partner can rarely move his hand out of the attack line of your open hand blow in time to avoid contact. This will make you vividly aware of the effectiveness of such a blow because if your partner cannot move his hand out of the way in time to avoid being hit, it would be extremely difficult for him to move vulnerable areas such as the throat and head in time to avoid severe injury.

If the open hand blow is delivered with the rear or power hand, again it is done with a whip-like movement as described previously with the emphasis being on the elbow leading the blow. This blow is especially effective if it is a downward or guillotine-like action; for example, towards the back of the neck of an opponent who has already been doubled over. (See Fig. 10.)



Figure 10

Twist Punch

The twist punch is a very powerful punch coming from the rear of the power hand. It begins with a twisting or turning of the hip followed by a turning of the upper body forcing the movement of the rear arm in a direct attack line toward the target. The original position of the arm can either be palm up, as discussed previously, or in another coiled position. When the punch is thrown, the arm and hand rotate inwardly to a palm down position at impact as a result of the twisting action of the torso. The hand is generally carried in a full fist position. (See Figs. 11 & 12.)



Figure 11



Figure 12



Figure 13



Figure 14

Elbow Blow

The elbow blow briefly described is simply a reverse position of the twist punch thrown directly to the rear with a twisting, turning, snapping action of the torso followed by the arm. This will be a more natural movement, for most, to the rear than it is to the front, but with a little practice, preferably in front of a mirror, you will begin to see a great deal of progress. Most people can develop tremendous striking power in a short period of time. It takes a bit more practice to realize exactly where your point of impact will be. However, tremendous striking power with the arms is not necessary to affect severe damage when you have an accurate knowledge of the vital areas. The vital areas will be explained shortly. (See Figs. 13 & 14.)

The technique of striking with the legs and feet is relatively unknown to American culture. The French learn to fight with their legs quite well and have an advanced art of self-defense called savate where the legs and feet are used exclusively with tremendous skill. In the United States 95% of the people will fight entirely with their upper body. This is a tremendous waste of body weapons. The techniques that we present here are again basic karate techniques which can be learned very quickly by the average person.

Front Snap Kick

The first technique is known as a front snap kick. The front snap kick is occasionally used as a distraction when utilizing the forward foot or leg, but it is most effective and powerful when using the rear leg and foot. For best results your weight is shifted to the front foot, the rear leg is brought forward coiled as if to strike with the knee, and, in fact, you should strike with the knee if the opponent is very close. The knee is thrown forcefully at the opponent with the lower leg whipping through in a lashing, snapping movement toward the target area, usually the groin. (See Figs. 15 & 16.) The striking surface can be either the toe, ball of the foot, or heel, depending on the situation or the protection on the foot. For example, striking with the toe would be most effective when you are wearing a street shoe.

The Roundhouse Kick

This kick is a variation of the side kick. It is most effective when the opponent is in an on-guard position of sorts where his groin is protected by his front leg and hip. The kick is similar in many respects to the front snap kick. In the roundhouse kick the front-most leg can be used as a distraction or from a retreating maneuver. However, the roundhouse kick is most effective and forceful when the rear leg is used. In executing the roundhouse kick, a pivot is made on the leading foot and the hips are turned and elevated. Then the rear leg comes through on a horizontal plane with the knee

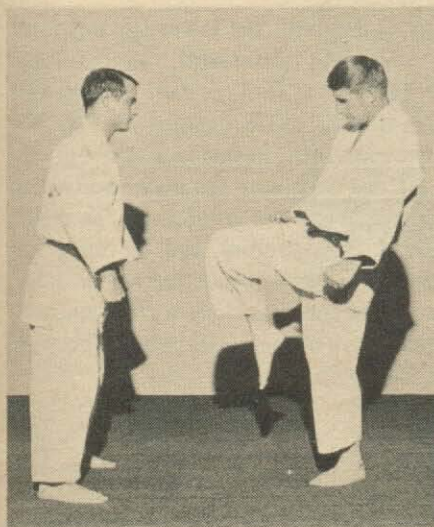


Figure 15



Figure 16

again leading, the leg fully coiled with the lower leg and foot snapping through in a whip-like movement. The striking surface is, again, the toe, ball of the foot, or heel. Again, the toe is most effective when wearing a street shoe. (See Figs. 17 & 18.) The most important movement in this kick is the pivot, elevation of the hip, and leaning back with the upper body. On impact the upper body is parallel to the ground and the plane of the kick is parallel to the ground and hooking or roundhousing around the opponent's protective leg into his groin area. In each of the front and side kicks, a great amount of force as well as a definite reach advantage is realized over an opponent attacking with simply his arms.

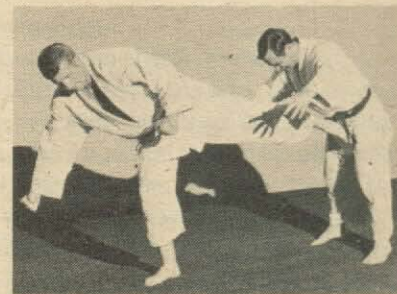


Figure 17



Figure 18

Figure 19



Rear Kick

The last basic kicking technique is the rear kick. If the point of attack is from the rear, this kick can be effectively executed directly behind you. The rear kick movement is a lowering of the upper body toward the ground with a complete coiling of either leg and then a complete forceful extension of that leg back and upward in a snapping movement. (See Fig. 19.) Again, any of the three striking surfaces of the foot are appropriate. Most important here is the lowering or pointing of the upper body toward the ground so that the force of the kick is directed in line with the torso. In addition, this kick can be effectively directed by the right leg. The pivot is 180 degrees to a position of the rear kick, and the upper body is pointed down and away from the opponent with the coiled leg extended forcefully in his direction. This is an especially powerful kick with virtually no sacrifice of your own vital areas. The only limitation to the rear kick is that it takes more practice to develop a reasonable degree of accuracy.

This completes the striking techniques, and if you will spend a few minutes a day practicing these you will find that you will become very efficient in the execution of these techniques, and when you know where to strike you will find that you have effected at least 75 percent of your capacity for efficient, deadly self-defense.

Vital Areas

It is extremely important that one thoroughly familiarize himself with vital areas and the type of blow effective for each vital area. You may have been witness to, or a part of, a fight where the opponent was forcefully struck many times only to get up with perhaps renewed vigor to engage in the fight once more. One appropriate blow to any one of a number of vital areas is sufficient to destroy the will to fight, temporarily or permanently damage, or even take the life of an attacker. Many of these areas are familiar to the authors through their own experiences or personal experiences of others, but all are based upon sound medical and physiological evidence as to the effect of each blow and the resulting damage to that particular vital area. One resource person who acted as a consultant in this area is Colonel Peter B. Carter, M.D.: Head, Department of Life & Behavioral Sciences, United States Air Force Academy. Dr. Carter has been interested in the combatives program and has made significant contributions to the physiological portion of the vital areas. He has become very proficient in the use of the combatives skills discussed in this book and has passed on this information to those in his family as well.

It is important that the defender has confidence in his self-defense techniques and that he can expect the proper result from a well executed blow directed to a specific vital area. Therefore, with the authors' experience and Dr. Carter's professional endorsement, the following areas and blows are listed and illustrated for your convenience and choice:

| <i>Area Affected</i> | <i>Type of Blow or Technique</i> | <i>Result</i> |
|-----------------------|--|--|
| 1. Base of the skull | Open hand, elbow or double fist | Stunning or semi-consciousness assured, unconsciousness likely, death due to skull fracture or hemorrhage possible |
| 2. Eyes | Gouging with the thumb from corner to corner and outward | Pain and temporary or permanent loss of vision assured, possible detached retina |
| 3. Ear | Cupped hands | Pain, dizziness, loss of balance, possible ruptured eardrum |
| 4. Mastoid process | Thumb or finger pressure in and upward | Severe pain |
| 5. Bridge of the nose | Double fist, downward, sledge-hammer-type blow | Broken nose, pain |

- | | | |
|---|---|---|
| 6. Nose | Heel of the hand, blow 45 degrees upward | Pain, likely loss of consciousness, potentially lethal due to bacterial infection and possible brain damage by bone and cartilage penetration through <i>cribriform</i> plate |
| 7. Philtrum | Half fist twist punch or open hand blow in and slightly upward | Dizziness or loss of consciousness |
| 8. Carotid sinus or Carotid arteries (major blood supply to the brain) | Open hand blow to the front of the large neck muscle (sternocleidomastoid) | Restriction of blood supply causing dizziness or loss of consciousness |
| 9. Vagus nerve (10th cranial nerve) (major function to pacemaker controlling heart rate and gastrointestinal) | Open hand blow slightly anterior to large neck muscle and below mastoid process | If traumatized severely retarding heart rate to the point of loss of consciousness or death. If totally impaired, possible stoppage of the heart and convulsion |

- | | | |
|--------------------------------------|--|--|
| 10. Trachea | Tips of the fingers through the jugular notch, or open hand blow directly to the front superior clavicle or half fist twist punch, same area | Pain, restricted breathing if ruptured, totally restricted breathing, dizziness, loss of consciousness, possible death if no immediate medical treatment is received |
| 11. Thyroid cartilage (Adam's Apple) | Twist punch, half fist open hand blows | Severe pain, loss of consciousness, possible death |
| 12. Clavicle (collarbone) | Open hand or double fist to interior portion, 12-15 lbs. of pressure required for fracture | Severe pain, possible paralysis of shoulder girdle on side of fracture |
| 13. Brachial plexus (Beneath armpit) | Fist, open hand, elbow or thumb or finger pressure | Pain, possible paralysis of shoulder girdle of side affected |
| 14. Ulnar nerve elbow (funny bone) | Finger pressure | Pain, partial paralysis of last two and one-half fingers of hand affected |

- | | | |
|--|---|--|
| 15. Radial nerve between thumb and forefinger | Thumb pressure | Pain, inability to grip effectively, destroys grip effectiveness |
| 16. Solar plexus (beneath sternum, middle of chest) | Elbow or twist punch full fist, or kick | Possible death, assured respiratory restriction, dizziness, inability to breathe effectively, respiratory system traumatized |
| 17. Spleen (lower left front) | Elbow, twist punch full fist, or kick | Pain, nausea, loss of consciousness, possible death if ruptured and no medical treatment |
| 18. Kidney (both sides slightly to the rear) | Elbow, twist punch, kick, knee | Same as spleen |
| 19. Spinal column (from cervical vertebrae) (tailbone) | Double fist, elbow, kick, or knee | Pain, inability to move portions of extremities, unconsciousness, possible death if spinal cord is damaged |

- | | | | |
|---|-------|-------------------------------------|--|
| 20. Entire Area | Groin | Kick or knee, fist or hand pressure | Pain, nausea, incapacitation, possible unconsciousness |
| 21. Knee | | Stomp kick | Damage to patella (kneecap) torn ligaments, incapacitation |
| 22. Shin and Metatarsals (small bones in top of foot) | | Kick or stomp | Pain, distraction only |

It should be noted that there are a number of parts of the body that can be strongly attacked and still maintain remarkable resiliency. Notable among these are the forehead, the sternum, arms, and outward shoulders.

CHAPTER III

FRONTAL ATTACKS AND DEFENSES

Defense against frontal attacks will be discussed in two categories: (1) the attacker grabs you, (2) the attacker attempts to strike or kick you. In the first category, an attacker attempts to close upon you and apply some type of hold or throw to the ground, or perhaps, simply grasps your clothing in preparation to strike.

Lapel Hold

Probably the most common frontal attack would be the lapel hold. An attacker grasps your clothing with one or both hands in order to pull, hold, or strike you. If this occurs, the following defense is extremely effective:

(1) When grasped by one hand, immediately come to a primary on-guard position with your leading hand and arm to the attacker's strong side (your right leading arm protecting



Figure 1



Figure 2

against his left rear power arm as he holds with his right hand). (See Fig. 1.)

(2) Distract or strike to a vital area (either open hand blow to the carotid sinus or hook kick to the groin). (See Fig. 2.)

(3) Apply inside or outside aikido wrist technique. (See Fig. 3.)

When using the outside wrist technique, grasp the attacker's right hand from the outside with your left hand, thumb to the back of his hand, and encircling his hand and fingers, rotate his wrist to the outside or toward his thumb. Follow up by striking or forcefully pushing down on the back of his hand with your leading (right) hand until you force the attacker to the ground.

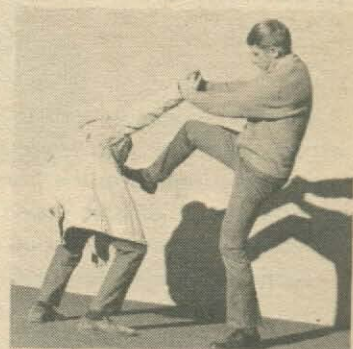
Figure 4



Figure 3



Figure 5



(4) Follow up with a striking or kicking technique.

(5) If an inside wrist technique is used, grasp the attacker's right hand with your right hand, being careful to keep your right elbow high for a block. Place your thumb between his thumb and forefinger and, again encircling his hand and fingers, bring your left hand up underneath his hand and forcefully rotate the attacker's hand to the inside and press down, keeping his little finger toward his head. (See Figs. 4 & 5.)

(6) Again, follow with a striking or kicking technique.

It is extremely important when using these aikido techniques that your contact with the opponent's hand and wrist be as close to the hand, or on the hand, as possible. Maximum leverage is gained in this manner.

We shall note that aikido is one of the most effective means of self-defense known to the world and originated in Japan where the authors have studied it. It involves use of pressure points, nerve centers, multiple actions against the joints, and striking techniques. The above basic aikido techniques will be simple for you to learn and extremely effective. When you master the techniques, very little strength will be required to subdue an attacker.

Front Choke

The next common frontal attack is a front choke. The attacker encircles your neck with his hands by forcefully inserting his thumbs in the front of your neck. If the attacker is strong, he can damage your trachea or esophagus and cause you severe pain and unconsciousness.

There are several defenses against the front choke. You should choose the one which suits you best and then master it.

* (1) Kick. Assume a primary on-guard stance to protect your groin, recover your balance immediately and deliver a kick to the attacker's groin. (See Fig. 6.)

* (2) Jab to the Trachea. Recover your balance and jab your fingers just above the attacker's collarbone through the jugular notch and into his trachea. This area is very soft and vulnerable and easily penetrated with a forceful pushing of your fingers. You will cause the attacker to choke and experience pain in the trachea area. (See Fig. 7.)

(3) Wedge Release. Assume the on-guard position and use a wedge block. This is accomplished by bringing your hands to a double fist position with your forearms close together and



Figure 6



Figure 7

then up between the attacker's arms. Do not interlace your fingers. Finish by delivering the double fist blow to the bridge of his nose. (See Figs. 8, 9, 10 & 11.)



Figure 8



Figure 9



Figure 10



Figure 11

✱ (4) Swing Release. Again, you should immediately assume the primary on-guard position. You should trap the attacker's right arm by holding it with your left hand and forcefully shooting your right arm over both his arms; turn toward your left with the whole body so that your right side faces the attacker, and you have trapped both of his arms. Follow up by forcefully striking back to the rear with your right elbow toward his exposed face or neck. (See Figs. 12 & 13.)



Figure 12



Figure 13

(5) Elbow Lock. Your initial moves are identical to the kick defense in (1). At the completion of the snap kick to the groin, grab his wrist with both your hands with your thumbs resembling a "V." Rotate your body toward your attacker while forcefully turning and stepping through in the same manner as you did with the swing release but holding the attacker's wrist. The weight of your arm and shoulder should come down forcefully just above the attacker's elbow. It is quite easy to dislocate the elbow. The best follow-up is a rear elbow strike with your elbow to the attacker's head. (See Figs. 14 & 15.)

(6) If you are knocked off balance by a forceful rush and choke by the attacker, you can use a judo sacrifice technique. In this throw you fall to the ground and place your foot in the attacker's groin or stomach. By pulling the attacker over your head and extending your foot, you can throw him over your head. If you are thrown to the ground first and the attacker follows to choke, kick up forcefully with your foot or knee between the assailant's legs and strive to catapult him over your body. Immediately gain your feet and follow up with striking and kicking techniques. (See Figs. 16, 17 & 18.)

Figure 14



Figure 15



Figure 16



Figure 17



Figure 18



Head Lock

Another common type of attack is a front head lock. The attacker rushes in and circles your head with one of his arms and then grabs and locks your head in a vice-like position with the other arm. This can be painful and can cause unconsciousness and is also a good vantage point for the attacker to throw you. However, if you are placed in a head lock, your defense is quite simple. Reach through the attacker's legs with your nearest hand and grab or strike to the groin area. The attacker will immediately release. You should follow-up with other kicking or striking techniques as appropriate. (See Figs. 19 & 20.)



Figure 19



Figure 20



Figure 21

Simple Wrist Grip Breaks

If an attacker grabs your wrist with one or both hands, forcefully rotate your hand or wrist against his thumbs and at the same time deliver a striking technique with your foot, preferably to his groin. He will release. (See Figs. 21 & 22.)



Figure 22

High Front Rush or Grab

Another common frontal attack is the rush. This could be high as in a choking attack or could be an encircling of the arms or neck combined with a tripping technique. The defenses for these are as follows:

(1) The High Rush. If possible, step aside, pivot, and kick to the groin or knee. (See Fig. 23.)

(2) If contact is made by the attacker, recover your balance and use the trachea jab or thumbs to the eye sockets, or knuckles to the groin area. Then, turn and use a judo throw. Taiotoshi (body drop) is most effective. This is done by pivoting with your rear foot describing an arc, extend the other ankle across and slightly in back of the attacker's leading foot and use his own weight to throw him over your foot and follow with the striking technique. (See Figs. 24, 25, 26 & 27.)

(3) If contact is made and the attacker encircles your upper body and pulls you to his rear, your initial move would again be an attack to his vital areas, specifically, the trachea, groin, or eye sockets. Then, you should step to his side and reap his leg with your leg which is closest to his leg or stomp with your foot which is nearest him on the outside of his knee. This will tear the knee ligaments and force him down. Again, your follow-up should be a series of striking techniques. (See Figs. 28 & 29.)

Figure 23



Figure 24



Figure 25

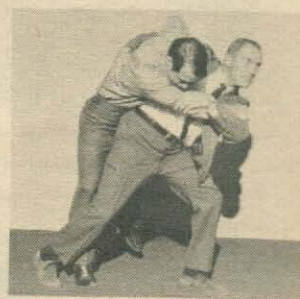


Figure 26



Figure 27

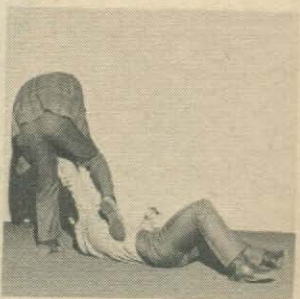




Figure 28

Figure 29

*Low Rush or Grab*

On the low rush similar to the football tackle, the following priority defenses are used.

✱ (1) Step to the side and use the side hook kick to the groin or stomp to his knee. (See Fig. 30.)

✱ (2) If the rush is closer, slam your hands down on the back of the attacker's head and bring your knee forcefully up to his face. (See Fig. 31.)

(3) Strike forcefully down with your elbow on the attacker's spine as you shoot your own legs in a spread eagle sprawl to your rear. (See Fig. 32.)

✱ (4) Drive your fists straight down past the side of his on-coming head and encircle his neck, grabbing your own clothing and tightening the hold. As you strangle him drop straight to the ground and throw him over your head in a bale-like throw also causing him neck injury. Turn and follow with striking techniques. (See Figs. 33, 34 & 35.)

Figure 30



Figure 31





Figure 32



Figure 33



Figure 34



Figure 35

Front Striking Attacks

The most difficult front weaponless attacks against which to defend are the front striking attacks. This is so because when an attacker grabs you, he sacrifices part of his potential striking force simply to hold you. When he does not close and grapple, it makes it more difficult for you to reach his vital areas. In addition, by remaining away, your attacker has retained the full potential of his striking force. Probably the most common front striking attack is with the fist. However, you can successfully defend against even a skilled boxer if you keep your composure and use the following basic karate defenses:

✦ (1) On an initial surprise front striking attack, when you have no time to back away and assume a primary on-guard position, simply use a "bailing out" karate defense. In this move you lean strongly to one side and hook kick with the free leg. This is most effective for an initial defense until you are able to regain your balance and maintain a safe distance. (See Fig. 36.)

✦ (2) Assume a primary on-guard position to the side which allows you to use the hook or roundhouse side kick to the attacker's groin. When you use this kick be certain that you lean far away to your rear so that the attacker cannot strike you with his fist and yet you can easily reach his groin with strong hook kicks or roundhouse kicks. (See Fig. 37.) From this position you can also effectively use the rear spin kick which exposes a very small area of your front vital areas for counter punches from your attacker. (See Fig. 38.) You can deliver a very forceful and punishing roundhouse kick to an attacker with minimal practice.

(3) If you are cornered and cannot retreat and the attacker closes with swinging fists, you must go into a full cover position. Remain in this position and deliver kicks until he

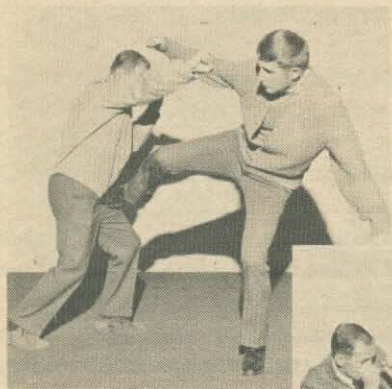


Figure 36



Figure 37

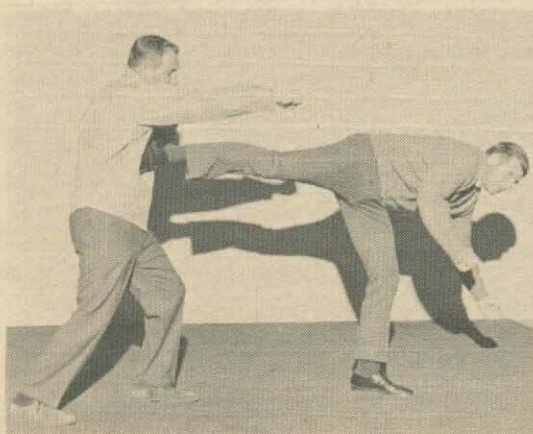


Figure 38



Figure 39



Figure 40



Figure 41

makes close contact. At this time you will tie up his arms by circling them from the outside and use the knee to the groin or any other striking techniques to his vital areas until you have restrained him. (See Figs. 39, 40 & 41.) You will note that in each of these positions you have a tremendous reach advantage with your legs over the attacker, and can deliver considerable force with each kick to the vital areas.

Kicking Defenses

When an attacker attempts to kick you, unless he is skilled in karate, he will undoubtedly use a football type kick. The kick will probably be aimed at your groin area. The following defenses are very effective against this type of attack:

✱ (1) Assume a primary on-guard position and use a forearm strike parry with closed fists to the attacker's leg. After you effectively parry, you should retreat. (See Fig. 42.)

✱ (2) Use a hook type parry and return the kick. (See Figs. 43 & 44.)

✱ (3) Use a karate kick defense by blocking with leg and forearm and then returning with side kick. (See Fig. 45.)

The last defense will also be effective against all types of kicks when cornered.

✱ (4) An effective kick defense, if you are cornered, is a cross block accompanied with a lifting action of the arms to throw the attacker to the ground. (See Figs. 46 & 47.) Follow up with further striking techniques.

This concludes the defense against frontal attacks. One should remember in this series of defenses against frontal attacks, that the primary consideration is to assume as quickly as possible a primary on-guard position. Your second immediate concern is to prevent closure or grappling by your opponent. This is best accomplished by using your most powerful weapon, your feet. However, if the attacker does close and makes contact again, your primary consideration is to maintain an on-guard position. You should strike for effective release in combination with the other more specific techniques mentioned and again follow up with striking techniques. These defenses are simple and will prove to be most effective if you will choose the ones that you like best and work on them numerous times with a partner. Conscientious practice of these frontal attack defenses for a few hours will develop an effective reflex reaction you can easily employ if you are ever actually attacked.



Figure 42



Figure 43

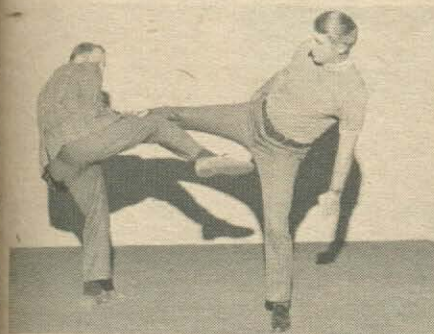


Figure 44



Figure 45



Figure 46

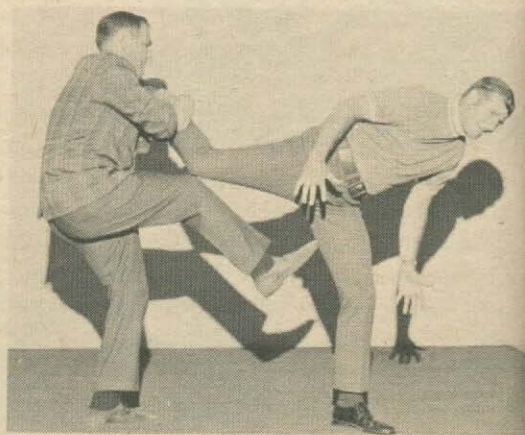


Figure 47

CHAPTER IV

REAR ATTACKS AND DEFENSES

Attacks from the rear are very common in today's violent street environment. In particular, muggings are often preceded by a hold or grab from the rear. However, there are certain advantages in defending against these types of attacks as opposed to frontal attacks. For instance, you can be deceived by a skillful fake or feint in a frontal attack by the assailant. There is no such pitfall in defending from the rear. One learns to react automatically by feel when attacked from the rear and in such a manner move efficiently and effectively in the proper direction.

A number of different rear attacks and their defenses will be discussed and illustrated in this chapter. However, you will find that there is a remarkable similarity in the defense structure of each movement, and you will be able to grasp a rather uniform and basic defense for all rear attacks that will be efficient and equally effective for each attack.

Rear Encircling Arm Attacks

There are several positions from which you can be held from the rear: over or under the arms, low or high, on the ground, or lifted off the ground.

Scoop Throw

When held over the arms, distract by driving the heel of your foot down forcefully on the instep of the attacker's foot. This will cause severe pain and possible fracture of the small metatarsal bones in the top of his foot. Move your hips to one side as you strike again with your fist to the attacker's groin and step behind him with one leg and forcefully throw your thigh and hip into him from the rear. Simultaneously, you lift his thighs with your hands and loins throwing him down hard to the rear. This is called a scoop throw. Follow up with a kick and striking technique. (See Figs. 1, 2, 3, 4 & 5.)

This defense is equally effective if held under the arms and all the defensive moves are identical.

If the attacker holds you either under or over your arms from the rear but places his head in the small of your back and his feet considerably away from you, it is very difficult for you to use the above scooping technique. Therefore, in this situation, simply grab his arms with your hands, regain your balance, and point your forehead toward the ground as you extend one of your legs forcefully upward and to the rear using the rear kick to the attacker's groin area. (See Fig. 6.)

After he releases, turn and follow with other appropriate striking techniques.

An alternate method of defense is to simply free one hand and reach back for the attacker's eyes. As in the first method, once the attacker releases, you must immediately turn and follow with decisive strikes and kicks. (See Figs. 7 & 8.)



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5



Figure 6



Figure 7

Figure 8



If held over or under the arms and lifted off the ground, you must first use a kicking technique to regain your footing. This is accomplished by folding your knees upward and then forcefully thrusting your feet out and down. At the same time you will have thrust your hips in a snapping movement to the rear into the attacker's mid-section or groin. This will prevent your attacker from holding you in the air and will allow you to gain your balance on the ground. Once you are back on the ground, you should be able to execute one of the above defenses (either the scoop throw or the rear kick). (See Figs. 9, 10, 11 & 12.)

If held by the arms or if your arms are pinned in back of you, the rear kick defense will be very effective. (See Figs. 13 & 14.)



Figure 9



Figure 10

Figure 11



Figure 12

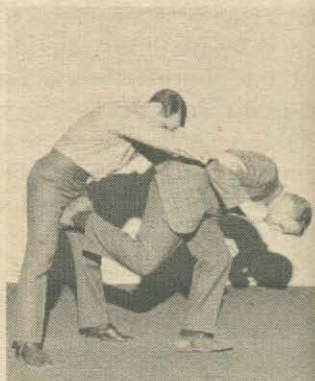


Figure 13



Figure 14



There are several rear choking attacks which are possible. A number of these chokes are illustrated for your examination. However, none of the chokes will be effective if the following defenses are utilized immediately and correctly. Your general defense should be:

(1) Tuck your chin downward and turn it to one side, preferably the side from which the strangling arm is coming or if both arms are used in the attack, turn to either side. Deliver a forceful elbow blow to the rear and to the side toward which you are turning which will land approximately in the attacker's rib cage area.

(2) Grasp the forearm near the elbow of the attacking or choking arm, pull forcefully down and turn in the direction the choking hand is moving.

(3) Drive your foot nearest the attacker in a stomping action against the attacker's nearest knee causing him injury and forcing him to the ground. (See Figs. 15, 16, 17, 18 & 19.)

(4) Follow up with appropriate striking techniques.

No matter what choke is applied or how it is executed, the attacker is vulnerable to a rear elbow blow and will be off-balance and vulnerable to the above defenses.

Figure 15



Figure 16





Figure 17



Figure 18



Figure 19

Full Nelson

The full nelson can be a very punishing hold, and if applied properly, can cause damage to the spinal column, particularly in the neck region.

The first and most effective defensive move is to clamp your arms tightly to your sides and pin the attacker's arms in that position before he can move his hands upward and lock them behind your neck or head. This prevents the hold from being completely applied. Then, use the rear kick striking technique. (See Figs. 20 & 21.) If the full nelson is completed and the attacker's hands are locked behind the neck, you must first quickly equalize the pressure to avoid injury. This can be accomplished by placing your locked hands on your forehead with the back of your hand contacting your forehead and spreading your elbows to a horizontal position while bracing with your arms and back straight. This position will counteract the force of the attack and at least momentarily prevent injury.

Figure 20



Figure 21



Next, you should apply a stomping foot attack and again move your hips to the attacker's rear, as in the scoop throw, and throw him down. This will cause the full nelson to be broken. (See Figs. 22 & 23.) Follow up with appropriate striking techniques.



Figure 22



Figure 23

If the full nelson is applied to the top of your head with overlapping hands, the force of this type of full nelson is extremely severe to the back of your neck. Use the original bracing defense, and quickly moving one or both hands to the attacker's fingers, pry one finger forcefully upward, spraining or breaking it as you apply the rear kicking technique. (See Figs. 24 & 25.)

Figure 24



Figure 25



Hammer Lock

This hold is commonly applied from the rear causing severe pain and damage to the shoulder joint. However, with the following defense no injury need be incurred and the escape is really quite simple.

First, turn with the pressure; that is, turn in the direction your trapped elbow is pointing. For instance, if it is your left arm which is being held and locked behind your back, turn to the right, moving your elbow in the same direction it is pointing. At the same time, brace your right forearm downward against the attacker's arms or grab his right side with your free right hand and use a rear or side kick with the leg nearest your attacker to his groin area. He will release the hold. (See Figs. 26, 27 & 28.)

Figure 26



Figure 27



Figure 28

General Defense Against Any Rear Attack

As previously discussed, one might now consider the possibility of consolidating a simple, yet effective, defense movement which would efficiently deal with any of the above attacks. For instance, upon contact from the rear, you should immediately regain your balance, tuck your chin in, clamp your elbows tightly to your sides, while striking forcefully two or three times with either your elbows or foot stomps, then turn toward the pressure of the attack and strike with your feet. This forceful defensive movement should be effective for any rear attack.

Since the psychological environment of a rear attack is very different than a frontal attack, one must recognize this and adjust accordingly. For example, the defender can readily see hostilities building and develop a defense in frontal attacks; whereas in rear attacks, the surprise and spontaneity necessitates a much more rapid and automatic reactive type movement.

Remember, sufficient practice in all of these attacks will provide you with confidence and prevent panic in the real situation.

CHAPTER V

WEAPON ATTACKS AND DEFENSES

The philosophy of defense against a potentially lethal weapon is somewhat different than the defense against an unarmed assailant. Although many of the principles of self-defense remain consistent, the possible result of a weapon attack dictates a different set of principles and priorities.

In one regard, weapon defenses are easier than unarmed defenses simply because the method of attack is known and obvious. Whereas, an unarmed attack, though usually not as potentially lethal, is far more diversified and deceptive. However, one may more casually make a decision to defend himself against an unarmed attacker who only wishes to strike him, restrain him, or throw him to the ground as opposed to the armed assailant who has the capacity to inflict great damage or kill. Therefore, before the defender takes defensive action against an armed attacker, he needs to be quite sure

that the attacker intends to attack him with possible fatal results. Otherwise, as we inform our students, you are much wiser to obey the demands of the attacker, such as relinquish your valued possessions, rather than risk your life. The decision should be quite clear and the reason for defense very substantial before a positive decision to defend is made. Once this decision is made, then the following are prescribed defenses against armed attack.

As in previous chapters, we often offer several defenses for each attack. Choose the one which best fits your purpose and practice it until it is no longer mechanical, but a part of your reactive, automatic defense response.

Pistol Defenses

The most important aspect of any pistol defense is to quickly remove your body from the line of fire. Many tests have been carried out by the military and civilian law enforcement agencies to determine the ability of a defender to turn his body from the line of fire before the attacker can react by pulling the trigger of a revolver. One of the most common of these tests is the tissue paper, gun powder test. In this demonstration the defender's torso is covered with tissue paper and the revolver is loaded with blanks. When the defender chooses to make his move, the attacker can fire at will. If the defender has moved properly, there will be no gun powder smudges on the tissue paper. This test graphically demonstrates that a man can move fast enough to avoid being shot. An analogous experiment has often been used at parties or in demonstrations of a person's reaction time. A pencil piece of paper is held by someone between the thumb and forefinger of a second person. The thumb and forefinger are spread approximately an inch apart. When the article is released or dropped, the second person can quickly close the thumb and forefinger together in an attempt to catch the

article before it falls to the floor. Almost without exception, this is an impossible task to accomplish. The answer is quite simple. By the time the eye perceives the article dropping and the impulses relay this message to the brain, and the brain responds by sending impulses to the muscles which control the thumb and forefinger, the article has slipped beyond reach. This same principle is involved in a quick twisting, turning action of the torso of the defender before trigger can be pulled by the attacker's forefinger.

Once you satisfactorily move out of the line of fire, many effective pistol defenses are possible. Some of these are now demonstrated for your use.

Front Pistol Defenses

For learning purposes, all defenses will be discussed with the weapon in the attacker's right hand although you should attempt to practice your defenses for either hand.

(1) Forearm Parry and Disarm (Control Method).

(a) Step in with your right foot as you quickly twist your body to the side, striking the opponent's right arm with your right forearm. Your arm should be perpendicular to his arm.

(b) Bring your right hand down on top of the weapon and your left hand up underneath the weapon twisting it forcefully to the outside and away from you on a horizontal plane. This action will bring pressure on the attacker's trigger finger and wrist and possibly fracture them.

(c) As you complete the twisting move against his gun hand, deliver a blow to the attacker's groin with either your knee or your foot. Step backward to gain complete control of the weapon. (See Figs. 1, 2, 3, 4 & 5.)

This movement is most effectively executed from the inside, but the same basic parry can be done from the outside.



Figure 1

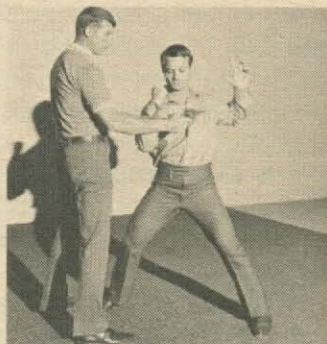


Figure 2



Figure 3

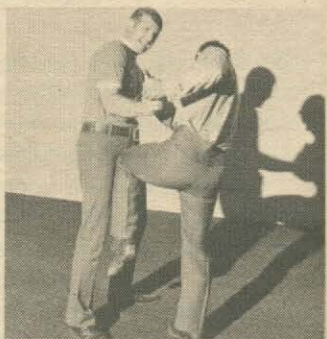


Figure 4



Figure 5

(2) Strike Method. Make the same parrying movement as before except striking with the knife edge of your right hand at the base of the attacker's right inside wrist. This will usually cause him to lose the weapon. Continue to strike to the attacker's vital areas with appropriate combinations, such as open hand blow to the throat, knee to the groin, elbow to the face, or stomach, etc. As you move in tight and release a flurry of strikes the attacker is unable to effectively use his weapon.

(3) For beginners — Double Slap Parry Method. Move quickly to your left as you slap forcefully with your right hand to the base of the attacker's inside wrist and your left hand forcefully striking the outside of the attacker's hand knocking the weapon away from you. The weapon will be lost. Immediately continue with appropriate striking techniques to the attacker's vital areas.

(4) Aikido Method.

(a) Move and parry as in the forearm parry movement to the inside. Then bring your right hand down on top of the attacker's hand and weapon in an inside wrist technique. As you apply the inside Aikido wrist technique, forcefully rotate the attacker's hand to the inside, spraining or fracturing the wrist. Follow with a kick striking technique to the attacker's head as you force him downward. (See Figs. 6 & 7.)

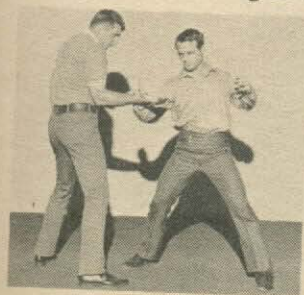


Figure 6



Figure 7

(b) This Aikido movement can be effected from the outside with the same type movement and parry except that the hand position becomes an outside wrist hold. (See Figs. 8 & 9.) A follow-up kick is then appropriate to the attacker's groin.

Figure 8

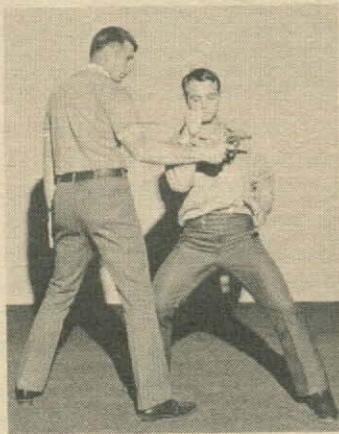


Figure 9

Rear Pistol Defenses

One of the most important aspects of a rear pistol defense is to turn your head slightly to observe which hand the revolver is in or if, in fact, a revolver is held at all. Then the following defenses are executed:

(1) Rear Forearm Parry (Control Method).

(a) Quickly pivot to your right rear while striking the attacker's right forearm with your right forearm, fingers extended downward and perpendicular to his arm.

(b) Continue to turn in that direction while encircling the attacker's forearm and trapping it next to your chest in a hand clasp grip.

(c) Then, point the attacker's arm downward from this position as you disarm him with your left hand and strike the attacker's head with his own weapon and retreat to a safe distance with the weapon.

This control method is most effective from the outside. (See Figs. 10, 11, 12 & 13.)

Figure 10



Figure 11





Figure 12



Figure 13

(2) Rear Strike Method.

(a) Pivot and strike in a similar, yet much more forceful, movement as in the above rear control method, except to the inside.

(b) Continue to move and strike to the attacker's vital areas as he loses the weapon. For example, twist punch to the throat or face, knee to the groin, etc. (See Figs. 14 & 15.)

(3) Rear Aikido Method.



Figure 14



Figure 15

(a) Parry to the outside as in the rear control method, encircling the arm and grasping the wrist and weapon with your left hand in an outside wrist Aikido technique supporting this action with your right hand as you fracture or dislocate the attacker's wrist, accompanied by a hook kick to his groin. (See Figs. 16 & 17.)

(b) This movement can also be equally effective when made to the inside using an inside Aikido wrist technique and a snap kick to the attacker's head. (See Figs. 18 & 19.)

In all of the above attacks, if the assailant is more than a few feet in distance from you, you should not attempt a disarming defense of any type since only highly skilled karate or Aikido exponents might chance this type of defense.

Furthermore, verbal distractions can play an important part in the above defenses. If your attacker must listen to what you have to say, no matter how unimportant or unimpressive, his reaction time will be slowed, and you will have a better chance of a successful defense maneuver. For instance, you might make eye contact and say, "Please don't shoot, you may have all my money."

Sometime while uttering your sentence or at the time the attacker reaches for your money, it would be the appropriate time to make your defensive move if you expect him to shoot you.

Knife Defenses

These defenses are probably among the most difficult of the weapon defenses to execute. This is true primarily because there are more diversified movements and deceptions possible by a skilled knife fighter than are possible with the pistol. As previously stated in Chapter I, our basic and best defense philosophy is to run and escape. If this is not possible, look for objects around you such as a stick or club, gravel, dirt, a large rock, a garbage can lid, a bottle, a chair, or any other available



Figure 16

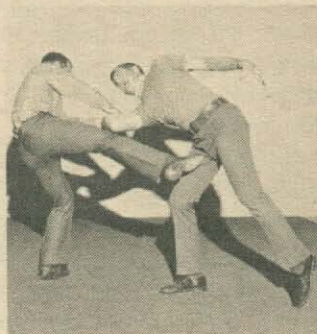


Figure 17



Figure 18



Figure 19

object. If nothing is within reach, your own clothing may be used, such as your shoe (don't stop to untie it), your belt buckle, your coat, etc. (See Figs. 20, 21, 22, 23, 24, 25 & 26.) If the attacker is closing on you rapidly and you cannot utilize any other defense but your bare hands, then the following defenses are set forth for your use. However, remember that if the knife attacker has even average skill with his weapon, you can expect to get superficial cuts. You can, however, repel the attacker or disarm without serious injury to a vital area if you will learn these defenses.

(1) Unrestricted Defense. Assume a primary on-guard position, but with this variation: extend the back of your

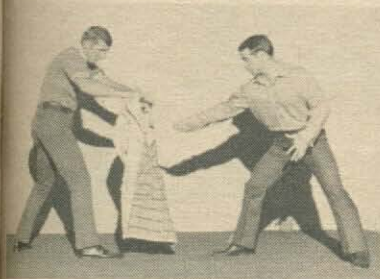


Figure 20



Figure 21



Figure 22



Figure 23



Figure 24



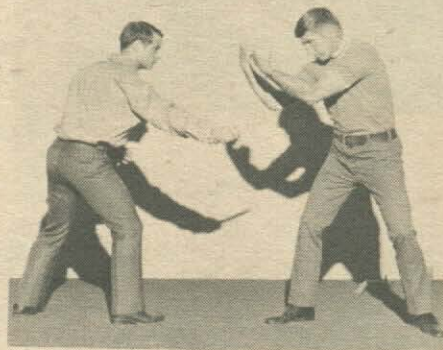
Figure 25

Figure 26



forearms closely together with the fists closed in front of your face and upper torso. (See Fig. 27.) Turn your vital areas away from the attacker and offer the least vulnerable part of your

Figure 27



body which can incur several cutting wounds without serious damage. Strike with the feet when possible, and use a forearm strike parry to the attacker's forearm if lunging type attacks are made by him. Do not attempt to stay and continue to parry, but retreat after each parry in an attempt to make each retreat your final escape. (See Figs. 27A & 27B.) *NEVER* attempt to parry a slashing attack or grab for the knife hand. If the attack is a slashing one, duck and turn away from the direction of the slash and retreat again.

(2) *Comered or Restricted Defenses.* If your movement is restricted or the above defenses are not possible, in order to avoid a potentially fatal puncture wound, apply the following knife defenses.

(a) Start from the same primary knife defense position. Use a cross block against all knife thrusts to the lower abdominal area after a successful block lift with the lower arm in an outward and upward forceful movement. Once the



Figure 27 A



Figure 27 B

attacker's arm is at least horizontal, grasp the attacker's wrist in either an inside or outside aikido wrist technique. Follow with the appropriate kicking-striking technique to either the groin (outside wrist movement), or head (inside wrist movement). The movement is the same no matter in which hand the attacker holds the knife. The cross block is executed with the bottom arm always the lifting arm. (See Figs. 28, 29, 30, 31, 32.)

(b) If you cannot flee and a man attacks with wide horizontal slashes, block with a single or double forearm block. Once you have blocked effectively grasp the attacker's wrist with the opposite hand. The primary blocking arm then

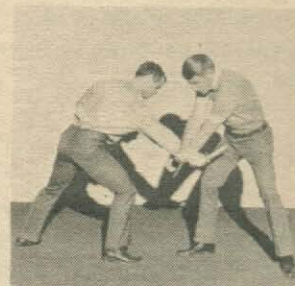


Figure 28

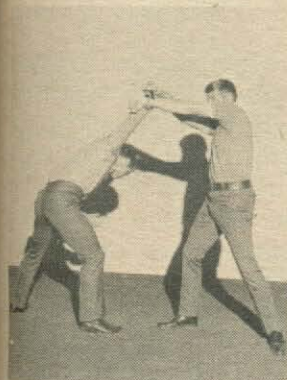


Figure 29

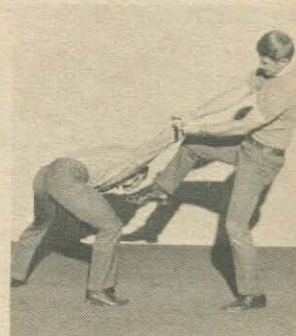


Figure 30



Figure 31



Figure 32

strikes with an elbow blow or a strike to the face. Follow with a knee to the groin or a stomp kick to the knee. (See Figs. 33, 34, 34A & 34B.)

Defenses Against Overhead Thrusts

It is possible to use a forearm parry against the overhead stab because it is easier to defend against this attack than the low abdominal thrust attacks. (See Figs. 35 & 36.) Also, a cross block is an effective technique. After you have contacted his arm, swing the knife hand forcefully downward. Grasp the attacker's wrist as you step aside and follow up with a stomping action to the outside of the attacker's knee. (See Figs. 37 & 38.)

A single arm block is also effective. Use your left arm to block the attacker's right forearm. Your arms should be perpendicular to the attacker's arms and should block in an upward forceful movement. Your free hand then comes under and behind the blocked arm grasping your own wrist. Dislocate the attacker's shoulder as you simultaneously apply a knee to his groin. (See Figs. 39, 40 & 41.) Note here that the leverage is far greater in this movement than if you were to use your right arm to block his right arm. In the execution of all of the above defenses, it is extremely important that you, as a defender, *always* let the knife attacker come to you as opposed to reaching out in an attempt to grab the attacker or the knife hand. You must never sacrifice your blocking posture and, thus, expose your vital areas.

Club Defenses

Although many of these defenses seem to resemble the knife defenses, the approach in defense posture is radically different. In the following defenses, the object of the defender is to rush or get as close to the attacker as soon as possible.

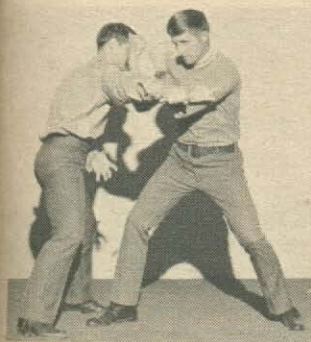


Figure 33



Figure 34

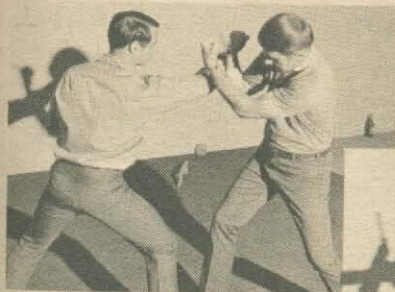


Figure 34A

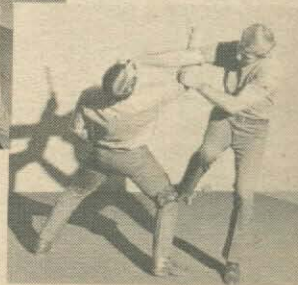


Figure 34B



Figure 35



Figure 36



Figure 37



Figure 38



Figure 39



Figure 40

Figure 41



The reason is obvious — the knife is most damaging when you are at close quarters with your attacker; the club is far more damaging when your attacker keeps you at a distance where he can apply greater striking force with his weapon. The same line of reasoning is appropriate for the chain attack — get inside. Also, a slip or pass parry is acceptable in club defenses though they are too risky in knife defenses. Let us examine these defenses in greater detail.

(1) The Slip Parry. As the attacker attempts to strike in an overhead club attack, move in, under, and outside the attack passing parallel to the club and slightly to the attacker's rear. Deliver a sharp elbow blow to the rib cage or kidney or stomp kick to the knee of the attacker. (See Figs. 42 & 43.)

(2) The Pass Parry. Pivot on your front foot and parry to the side and downward with your left arm against the attacker's right arm. This will direct the club past you and to your front. Follow by an elbow blow or twist punch to the opponent's head. (See Figs. 44 & 45.)

(3) The Cross Block. This block is similar to the cross block we used for a knife overhead attack. The major difference in the club cross block is that you must step deeper and closer to



Figure 42

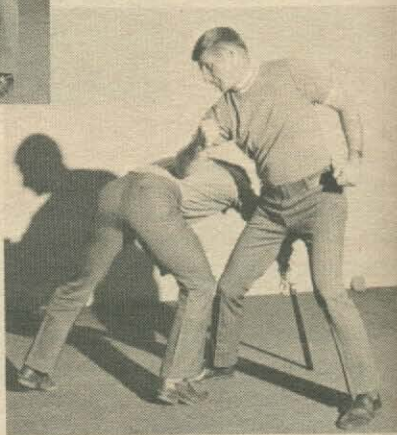


Figure 43

Figure 44



Figure 45



the attacker to prevent the club's momentum from successfully completing its striking arc to the top of your head. (See Figs. 46 & 47.)

(4) Single Arm Block. Execute in the manner demonstrated in the knife overhead defense except, again, you must close in quickly and forcefully to the assailant. Block and lock the attacker's arm for the same reason. (See Figs. 48 & 49.)

Figure 46



Figure 47



Figure 48



Figure 49



In a side roundhouse attack, a double forearm parry in close to the attacker's arm is effective. Timing is extremely important in this maneuver. Immediately follow up with a knee to the attacker's groin. This double forearm block can also be executed from the outside position. Here the attacker is swinging back hand. Once you block, follow by appropriate striking action with stomps to his instep and heel of the hand to the nose. (See Figs. 50, 51 & 52.)

The most difficult club defense is the poking or jabbing attack. The only possible defense of this type club attack is to use the front corner parry and attempt to follow by grabbing the club and twisting either to the outside or inside as appropriate with the parry. (See Figs. 53, 54 & 55.) A forceful grab and twist of the club will apply an inside or outside aikido wrist technique to the attacker as he holds onto the club. (See Figs. 56, 57 & 58.) You should also be able to disarm the attacker by appropriate strikes.

Figure 50



Figure 51



Figure 52



Figure 53



Figure 54



Figure 55

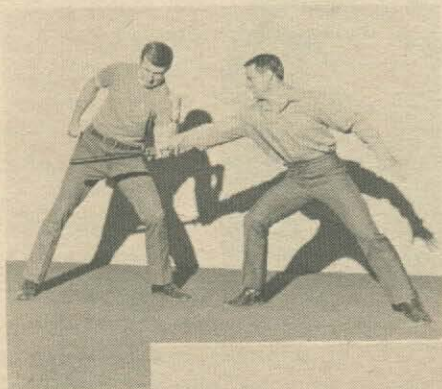


Figure 56

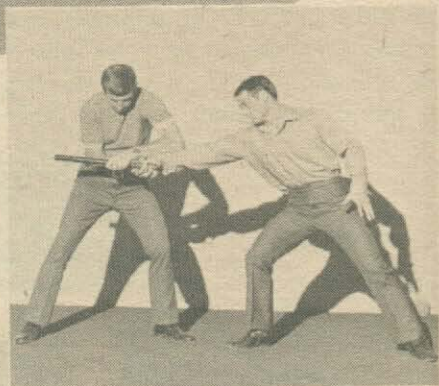


Figure 57



Figure 58

CHAPTER VI

MULTIPLE ATTACKS

In today's environment multiple attacks, or gang attacks, are very common. If you know just what to do and what action to take you can avoid most of this type of street violence. This chapter deals with the priority of defenses you should follow. Hopefully, you will never be confronted with a gang attack because certainly it is one of the most difficult attack situations against which to defend. It is, however, because of the frequency of this type of attack that we incorporate this type of training into our unarmed combat program at the United States Air Force Academy.

When confronted by a multiple attack, one must immediately weigh the first priority of defense — avoid the situation by sprinting down the street. Even if you are with a

companion, your best course of action might still be to run and get help and return. However, if you cannot escape, the following priority defenses should be followed.

(1) Verbally challenge the leader of the group to fight you one on one. If there is not an obvious leader, challenge a member of the attacking group. Oftentimes the psychological effect of verbally intimidating the leader of the group forces him to action. This certainly enhances your odds, if you know what you are doing, for it is much easier to fight one individual than five or six. Also, this provides you an opportunity to obtain a decisive victory with the group's representative and psychologically this has great impact on the rest of the group. It is very likely that if you defeat their representative, the other members of the group will begin to harbor thoughts about their own well-being and hesitate in continuing the attack on you. Such verbal intimidation might be something along these lines: (pointing to one) "Are you the leader of this gang; if so, why not demonstrate it? You look easy to me; I think I can take you without any trouble. Are you afraid to fight me alone in front of your friends for fear you'll lose? If you're afraid, then let your gang do the work for you, but if you're not afraid, come on." Sentences that question the leader's masculinity are also good.

If the above intimidation of the gang's leader fails, then the next step is necessary. Use the outside agent approach once again and attempt to pick up some sort of weapon — a stick, rock, a bottle, etc., anything that will better your chances for dealing with the situation. You must then, if possible, find a corner and back into it. On first glance this might seem rather foolish, but if you have no chance for escape, it is better to be cornered and, thus, limit your attack direction to 90 degrees rather than have to defend 360 degrees. If you cannot get to a corner, then back up to a wall. (See Figs. 1 & 2.) At least this limits the attack direction to 180 degrees, and you do not have to worry about getting attacked from the rear as well. If you



Figure 1



Figure 2

cannot find a weapon, you must quickly get to the corner or the wall and defend with the basic karate kick techniques.

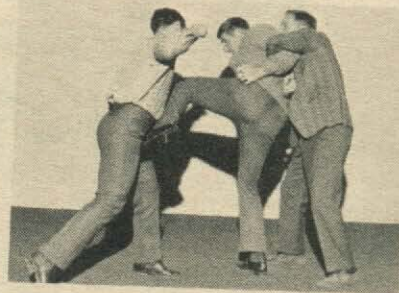
If you are in the open and you are unable to limit the direction of attack to something less than 360 degrees, then select one of the group and initiate an attack on him. By this, we simply mean that as the group tends to close upon you, select the nearest attacker and attack him. Do not close with your man to the point where you tend to grapple with him. If you tie up, the others can easily subdue you. You should strike out at the vital areas of that nearest attacker so that you can perhaps take him out of the action. If you do a good job on him, each of the other men in the gang will again re-examine their own motives and wonder if they might be next. If they are not highly organized or determined to continue the attack, it is likely that they will leave you alone.

In any event if it is not possible to select one individual and the group or gang seems to be closing, you must not allow yourself to be caught inside a tightening circle or grapple with any one of the group. Use your feet and stay mobile, strike out frequently at anyone who comes close enough to strike you. Your primary target should be the groin. Use rear spin kicks or side kicks frequently so that it is very difficult for anyone to get close. If one or two of the attackers do manage to close and grab you, you must again use a system of priority defenses which is now presented.

(1) If held by one attacker from the rear, you must quickly evaluate the situation and judge if the attackers closing from the front are in a position to strike. If so, simply stabilize your position; get your balance; and kick strike toward the vital areas of the attackers. Once this is accomplished, use the elbows and feet for rear striking techniques. If the arms are held you must use the feet forcefully on the rear attacker in order to gain your release. If you are held on each side by an attacker, the same priority system is used. That is, if the attacker in front of you constitutes the major threat, you must

take care of him first before you concern yourself with your holding assailants. (See Fig. 3.) If you are held by a man from the rear and the frontal attack is not yet critical, you should attempt to rid yourself of the holding assailant. Forcefully

Figure 3



strike to your rear until released. (See Figs. 4 & 5.) In the same manner, if you are held on each side and the frontal attack is not critical, strike to one side, then the other side with a side stomp kick to the assailant's knees. This will rid you from the

Figure 4



Figure 5



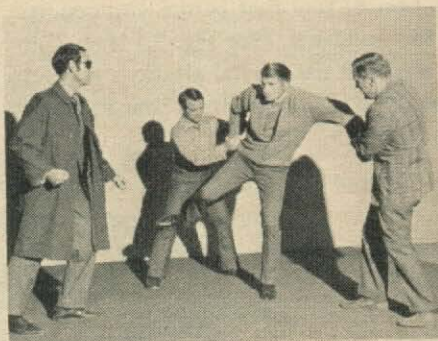


Figure 6



Figure 7

holding assailants on each side. Immediately prepare to defend against the attacker coming from the front. (See Figs. 6, 7 & 8.)

Multiple attacks do not entail any sophisticated or complicated new self-defense techniques. Rather, our defenses employ a priority system which is logical and readily learnable so that you can deal with this diversified attack in an effective, efficient and structured manner. Usually gang attacks or gang muggings are not highly organized. If you are ready and have some skill and organization preplanned and practiced, you will find that our system of defense for the multiple attack is highly successful.

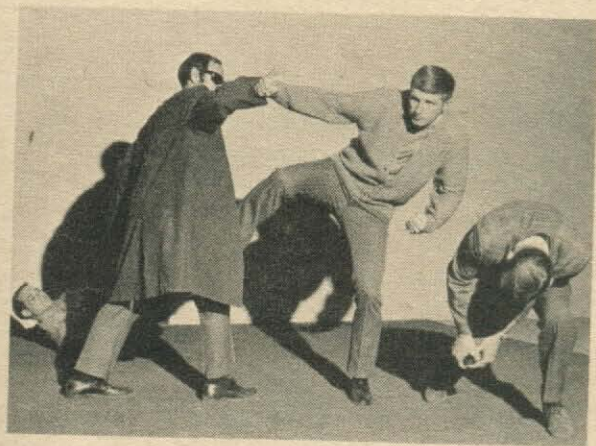


Figure 8

CHAPTER VII

SELF DEFENSE AND THE LAW

Unfortunately, crime is a very commonplace occurrence today. Downtown areas are especially notorious for assaults and personal robberies but even suburban homes increasingly have become the scene of attacks. If you are ever forced to use your self defense techniques, what might the legal ramifications of your actions be? We will delve into the legal side of self defense and present some general guidelines for your consideration.

The pivotal phrase to remember in any confrontation is that you can use "reasonable" force to ward off the aggressor. This means that if you, someone in your family, or even a friend is threatened by attack, you can meet the force with a greater force all within the context of being fairly "reasonable." In most cases, without extenuating circumstances, the courts will not hold you to a fine line in

determining your "reasonable" act of self defense force. Hence, you cannot severely beat a man who jostles your wife on a crowded street or kick a person in the groin for raising his hand in a lewd sign, but you can react forcefully if someone grabs your wife's purse or attempts to push you into an alley.

In all discussions of self defense and your legal rights, it is also important to emphasize your moral responsibility to attempt to avoid any physical contact. No matter how skilled you might be in defending yourself, it still only makes good sense to attempt to talk or walk your way out of a threatening situation before resorting to your foot, fist, knee or elbow. This especially applies to a verbal assault. If someone questions the legality of your birth or spits out a slew of swear words and you react with violence, you are in the wrong. This would not be considered "reasonable" force to some dirty words, and you made no attempt to avoid violence.

You can respond with force and self defense techniques if you sincerely believe you or a member of your family is threatened in some way. Thus, you do not have to be hit in the mouth before taking the initiative and defending yourself. Legal questions can arise, of course, over the extent of this clear and present danger, but even if it turns out later you were wrong over the bodily safety of your family and they were not truly threatened, you are given latitude to defend yourself if you honestly felt physical violence was imminent.

When the aggressor or aggressors are teenagers, your legal rights of self defense are basically the same. The major difference, if you are forced to do battle with juveniles, is that you might be held to a stricter interpretation of what is "reasonable" force for you to use. In the courtroom, it may be judged that your maturity should have counterbalanced or held the impetuous nature of a youth in check without the scene progressing into physical violence.

The adage that a man's home is his castle carries into what is "reasonable" self defense techniques in your home. You

need not give way even partially if you come upon an intruder in your house. Reacting with what is "reasonable" is very liberal in this situation. If you have the general impression that an outsider is about to commit a crime in your home, you can react with self defense techniques or strike with a club and fully investigate the circumstances later. The major line of demarcation begins within the confines of your house. Almost anything goes inside the home, but outside on your land, the situation reverts to the usual "reasonable" force interpretation. Trespassing is not in itself grounds for shooting someone. If confronting trespassers it is better to call the police or yell at the offenders to get off your property.

In recent years violence on the street has shown a marked rise due to more and more drug motivated crimes. The reason drug use complicates matters is that the drug user is often irrational and confused. Consequently, if confronted by a drug addict it can be extremely difficult to diagnose if you or your family are truly threatened and if you should react with self defense techniques. As in all cases of threat and especially with someone on drugs, handle yourself calmly, do as the person says, and be extremely alert to the best opportunity for you to use our defensive techniques.

A gun certainly can make you a formidable obstacle but here also the legality and practicality of such a weapon is an important consideration. Use of a gun can be deadly and consequently, often would not fall within the definition of "reasonable" force. In addition, the appearance of your gun may force an aggressor into grappling with your weapon and killing you when originally he intended no violence. A gun is an "all or nothing" reaction. You fire and the situation has been escalated to a very serious level. Also, killing your adversary with a gun on the street can precipitate a very ugly mob scene which would make it impossible for you to escape unharmed.

Most authorities definitely do not advise carrying a gun when you are away from home. If you must carry an "equalizer" in your car or with you, make it a whistle (can draw attention to a threatening situation), a cane, club, or even bring along a well trained dog.

Legally, if you are held up in a public place, any self defense techniques you employ are acceptable. However, you must be willing to accept the consequences for the owner of the store or manager of the bank is not liable for your safety if you act in some way on your own.

CHAPTER VIII CONCLUSION

If you have carefully read and conscientiously practiced the techniques presented in this book, you should be able to handle yourself very adequately in any self defense situation. Like any physical skill, you will maintain a much higher level of proficiency if you will periodically review and practice the techniques in Chapters II through VI and mentally rehearse what you would do in any given situation. If you couple a knowledge of fighting techniques with a genuine belief you are morally right in a fight, you will be extremely difficult to overcome. You should feel you did as much as you could to avoid the whole situation, and then, if still pressed, unleash every ounce of determination and strength to subdue your assailant. It is most important to remember that if you decide to counterattack, go 100%. Especially for a woman, if she makes a half-hearted effort to kick a man in the groin region,

it could very likely just antagonize the assailant and make the situation worse. For the average self defense technician, without the aid of some weapon, it is quite difficult to cause permanent damage. So if you cannot avoid the fight, give it your all and do not hold back for fear you might overhurt the aggressor. Strike and hit with full strength!

Do not forget the basic premise that it is always best to choke an assailant with the dust from your fleeing feet! Do not let an inflated sense of personal pride bait you into a fight that could have been avoided with some maturity and some mental strength to walk away.

Except for the weapon attacks, our general defense for an attack is to first forcefully kick or strike the assailant. This will usually release you from a grip or the immediate threat and give you a few seconds to follow quickly into a technique which is the second step. Lastly, all defensive maneuvers must be followed by additional kicks and strikes. This is necessary so that you do not have to go through the whole procedure of defending yourself again in 30 seconds. Once an assailant is down or temporarily immobilized, make sure he will not get up or come after you again until you have trotted at least five blocks away. If possible, the whole sequence is strike, technique, and strike again. Often an effective first kick or strike will be all that is needed.

It is the authors' fervent desire that this book will give you new confidence in your ability to defend yourself and provide the knowledge that if you ever find yourself threatened, you will react unhesitatingly with the techniques presented.

About the Authors. . .

Lt. Colonel Anthony R. Cillo

Lt. Colonel Cillo began his official combative training as Officer-in-Charge of a Pararescue and Survival Unit in 1953. In 1955, he organized the original judo and unarmed combat training program in the Department of Physical Education at the United States Air Force Academy. He competed for, and was awarded, a Judo first degree black belt in 1956 at the Kodokan Institute of Judo in Tokyo, Japan. In addition, during this period of time he studied karate and aikido under the top masters in those fields. He won his second degree black belt in Judo (Nidan) in 1959. He has taught and coached boxing, wrestling, judo, and unarmed combat for 16 years. He has either originally developed or assisted in writing course materials and manuals for all of those combative activities. Lt. Colonel Cillo established and was the first coach of the Air Force Academy judo team which won many local and regional tournaments.

Lt. Colonel Cillo received his B. S. Degree in Physical Education at Rutgers University in 1952 and completed his Master of Science Degree at the University of Illinois in 1963. Lt. Colonel Cillo is currently serving as the Assistant Director of Athletics at the United States Air Force Academy and in the 1970-1971 academic year was also the Head of the Department of Physical Education.

Major Richard B. Garver

Major Garver began his combative training in 1953. He has spent considerable time training in Japan, where he earned Shodan (1st Degree Black Belt) rating in aikido, Nidan rank (2nd Degree Black Belt) in Karate and Nidan rank in Judo. Major Garver has instructed a number of police groups throughout the country in self defense and was instrumental in developing the Advanced Unarmed Combat course, which he has supervised for five years, at the United States Air Force Academy. He has also coached the Judo and Karate teams there.

Major Garver holds a bachelor's degree from Ohio State University, a master's degree from the University of Florida, and is currently completing a doctorate at the University of Northern Colorado.

Captain Patrick E. Going

Captain Going first started his comprehensive study of the martial arts while still in high school. Upon entering the University of California, Berkeley, he came under the able tutelage of George Uchida, Godan (5th Degree Black Belt). Captain Going was awarded Shodan (1st Degree Black Belt) in 1965. While in college he organized and instructed a highly successful women's judo class for university coeds and taught at the local YMCA for two years. Captain Going was captain of the University of California judo team his junior and senior years and was a participant in the 1967 Collegiate Judo Goodwill tour of Japan which matched U.S. men against the best Japanese collegiate judo players. He was the grand champion in the Air Force Logistics Command in 1970 and was second in the 1970 All-Air Force championships in his weight division. Captain Going earned Nidan (2nd Degree Black Belt) ranking in 1970.

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